



| INICI - FINAL | ESPAI | DILLUNS | DIMARTS | DIMECRES | DIJOUS | DIVENDRES | DISSABTE | DIUMENGE |
|---------------|-------|-----------------------|-----------------------|------------------|-----------------------|-------------------|--------------------|---------------|
| 07:15 8:05 | S1 | BODY PUMP II | | | | | | |
| 07:30 07:45 | SF | HIIT III | CIRCUIT II | GAC II | CIRCUIT II | ESTIRAMENTS I | | |
| 08:15 09:05 | S2 | CICLO INDOOR III | | CICLO INDOOR III | | | | |
| 08:15 09:00 | P | WET INTERVAL II | WET INTERVAL II | WET COMBO I | WET INTERVAL II | WET COMBO I | | |
| 08:30 08:45 | SF | CIRCUIT II | ESTIRAMENTS I | HIIT III | ESTIRAMENTS I | CIRCUIT II | | |
| 08:30 09:00 | HT | | HARD TRAINING 30' III | | HARD TRAINING 30' III | | | |
| 09:15 09:30 | SF | | | | | | ABDOMINALS II | |
| 09:15 10:05 | S1 | ZUMBA II | BODY COMBAT III | BODY PUMP II | ZUMBA II | CXWORX+EST. II | | |
| 09:15 10:05 | S2 | | | | | | | |
| 09:15 10:05 | S3 | | | GLOBAL PILATES I | | | | |
| 09:15 10:05 | P | | | | WET COMBO I | | | |
| 09:30 10:15 | P | WET INTERVAL II | | WET INTERVAL II | | | | |
| 10:15 10:30 | SF | ABDOMINALS II | ABDOMINALS II | ABDOMINALS II | ABDOMINALS II | ABDOMINALS II | ABDOMINALS II | CIRCUIT II |
| 10:15 11:05 | S1 | GENT GRAN I | GENT GRAN I | GENT GRAN I | GENT GRAN I | BODY PUMP II | BODY PUMP II + IBT | |
| 10:30 11:20 | S2 | | CICLO INDOOR III | | CICLO INDOOR III | | | |
| 10:30 11:20 | S3 | IOGA I | | GRAVITY II | | | | |
| 11:15 11:30 | SF | | | | | | HIIT III | HIIT III |
| 11:15 12:05 | S1 | | | | | GENT GRAN I | | |
| 11:15 12:05 | S2 | | | | | | CICLO INDOOR III | |
| 11:15 12:00 | P | WET COMBO I | | WET INTERVAL II | | | | |
| 11:30 11:45 | SF | CIRCUIT II | GAC II | ABDOMINALS II | HIIT III | ABDOMINALS II | | |
| 12:00 12:15 | SF | | | | | | CIRCUIT II | ABDOMINALS II |
| 12:30 13:15 | P | | WET INTERVAL II | | WET GYM I | | | |
| 12:30 13:20 | S2 | | | | | | | |
| 13:30 14:00 | S1 | | TÀBATA 30' III | | CXWORX 30' II | | | |
| 13:30 14:20 | S1 | BODY PUMP II | | | | | | |
| 13:30 14:20 | S3 | | | GRAVITY II | | | | |
| 13:30 14:15 | P | | | | | | | |
| 14:15 15:05 | S1 | | ZUMBA II | | ZUMBA II | IOGA I | | |
| 15:15 16:05 | S1 | | BODY COMBAT III | IBT II | BODY PUMP II | ZUMBA II | | |
| 15:15 16:05 | S3 | GRAVITY II | | | | | | |
| 16:00 16:45 | P | WET GYM I | WET INTERVAL II | WET INTERVAL II | WET COMBO I | WET GYM I | | |
| 17:15 18:05 | S1 | BODY PUMP II | IBT II | ZUMBA II | BODY COMBAT III | BODY PUMP II | | |
| 17:15 18:05 | S2 | CICLO INDOOR III | | | | | | |
| 17:15 18:05 | S3 | | GLOBAL PILATES I | GRAVITY II | CXWORX+TABATA III | | | |
| 17:30 17:45 | SF | ABDOMINALS II | CIRCUIT II | ABDOMINALS II | GAC II | ABDOMINALS II | ABDOMINALS II | |
| 18:15 19:05 | S1 | CXWORX+TABATA III | BODY PUMP II | BODY COMBAT III | ZUMBA II | CXWORX+TABATA III | | |
| 18:15 19:05 | S2 | CICLO INDOOR III | CICLO INDOOR III | CICLO INDOOR III | | CICLO INDOOR III | | |
| 18:15 19:05 | S3 | STEP II | IOGA I | GLOBAL PILATES I | IOGA I | GRAVITY II | | |
| 18:15 18:45 | HT | HARD TRAINING 30' III | | | | | | |
| 18:15 19:05 | HT | | | | #XTREMTRAINING | | | |
| 18:30 18:45 | SF | | | | | | ABDOMINALS II | |
| 19:00 19:45 | P | WET INTERVAL II | | WET INTERVAL II | | | | |
| 19:15 20:05 | S1 | ZUMBA II | IBT II | BODY PUMP II | AERÒBIC II | ZUMBA II | | |
| 19:15 20:05 | S2 | CICLO INDOOR III | CICLO INDOOR III | | CICLO INDOOR III | CICLO INDOOR III | | |
| 19:15 20:05 | S3 | IOGA I | GLOBAL PILATES I | BODY COMBAT III | GLOBAL PILATES I | | | |
| 19:15 20:05 | EXT | #XTREMTRAINING | | | | | | |
| 19:15 19:05 | S2 | | | WET TRIATLÓ III | | | | |
| 19:45 20:15 | EXT | | | WET TRIATLÓ III | | | | |
| 20:15 20:45 | P | | | WET TRIATLÓ III | | | | |
| 19:45 20:30 | P | WET GYM I | WET COMBO I | | WET INTERVAL II | | | |
| 20:15 20:30 | SF | ESTIRAMENTS I | ESTIRAMENTS I | ESTIRAMENTS I | ESTIRAMENTS I | ESTIRAMENTS I | | |
| 20:15 21:05 | S1 | GLOBAL PILATES I | CXWORX+TABATA III | ZUMBA II | BODY PUMP II | | | |
| 20:15 21:05 | S2 | CICLO INDOOR III | CICLO INDOOR III | CICLO INDOOR III | CICLO INDOOR III | | | |
| 20:15 21:05 | S3 | | | IOGA I | | | | |
| 20:15 21:05 | HT | SURVIVAL FIT II | | SURVIVAL FIT II | | | | |

Dipòsit legal: B 9151-2019

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S 1 - Sala 1

S 2 - Sala 2

S 3 - Sala 3

S F Sala Fitness

P - Piscina

HT - Hard Training

EXT - Exterior

CARDIOVASCULAR

TONIFICACIÓ

COS I MENT

AQUÀTIQUES

I - BAIXA INTENSITAT

II - MITJA INTENSITAT

III - ALTA INTENSITAT

*Aquestes activitats no estan incloses a la quota d'abonament i necessiten inscripció prèvia.

Informem a tots els abonats/des que disposen de l'horari d'activitats virtuals en la web i en la recepció de la instal·lació.

La direcció podrà, quan ho consideri oportú per necessitats del servei, modificar el nombre i l'ordre de les sessions, el contingut, els horaris i els tècnics que les imparteixen.



Benvinguts a...

la fàbrica de la
felicitat

POLIESPORTIUS
MUNICIPALS L'HOSPITALET

PORTA UN AMIC... I APROFITA L'OFERTA!

TOTS DOS HI SORTIREU GUANYANT:



PER A TU

(ABONAT/ABONADA)

25% dte.

en la 1a quota

+

25% dte.

en la 2a quota

(després de l'alta del teu amic)

PER A L'AMIC

(NOU ABONAT/ABONADA)

50% dte.

en la 2a quota

o

50% dte.

en despeses d'inscripció

Informa-te'n a la recepció. No perdís l'oportunitat!

poliesportius
municipals



Ajuntament de L'Hospitalet